



# February Activities - Urbana Senior Center

301-600-7020 • [UrbanaSeniorCenter@FrederickCountyMD.gov](mailto:UrbanaSeniorCenter@FrederickCountyMD.gov) • [www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging)  
9020 Amelung St., Frederick, MD 21704 (Lower Level of the Urbana Regional Library)

Mondays 9:00-3:00		Tuesdays 9:00-8:00		Wednesdays 9:00-3:00		Thursdays 9:00-3:00	
<p>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.</p>							
				<b>1</b> 10:45 Daily Exercise 12:30 *English Class <b>1:00 *Artful Creations: Lace Hearts in Clay</b>		<b>2</b> 9:30 Color This 10:45 Daily Exercise 1:00 Cards and Games 1:00 Wii Games	
<b>6 Nutrition Minute “Diet and Lifestyle”</b> 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi <b>12:30 Bridge</b> 1:00 *Advanced Tai Chi 1:00 Rummikub <b>1:15 Book Club</b>		<b>7 Nutrition Minute “Diet and Lifestyle”</b> 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class <b>Center closes at 4:30 p.m.</b> <b>5:00 *Supper Club: Surf House</b>		<b>8 Nutrition Minute “Diet and Lifestyle”</b> 10:45 Daily Exercise <b>11:30 MAP: It’s Tax Season</b> 12:30 *English Class 12:30 *Yoga Class <b>1:00 *Cooking with Tofu</b>		<b>9 Nutrition Minute “Diet and Lifestyle”</b> 9:30 Color This 10:45 Daily Exercise <b>Noon *Lunch with Nurse Steve Anxiety, Depression, Memory</b> 1:00 Cards and Games 1:00 Wii Games 1:30 *Line Dancing	
<b>13 Health Education 101 “Glaucoma Facts”</b> 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi <b>12:30 Bridge</b> 1:00 *Advanced Tai Chi 1:00 Rummikub		<b>14 Health Education 101 “Glaucoma Facts”</b> 10:00 *English Conversation 10:45 Daily Exercise <b>Noon *Valentine’s Day Lunch</b> 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class <b>3:30 Teens Teach Tech</b> 5:30 *Dinner/Games		<b>15 Health Education 101 “Glaucoma Facts”</b> 10:45 Daily Exercise <b>11:30 *Lunch and Learn: County Recycling</b> 12:30 *English Class 12:30 *Yoga Class <b>1:00 Wheel of Fortune</b>		<b>16 Health Education 101 “Glaucoma Facts”</b> 9:30 Color This 10:45 Daily Exercise 1:00 Cards and Games 1:00 Wii Games 1:30 *Line Dancing	
<b>20</b> 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi <b>12:30 Bridge</b> 1:00 *Advanced Tai Chi 1:00 Rummikub 1:00 *Preparing for the Afternoon Tea		<b>21</b> 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class <b>5:30 *Make Your Own Pizza Dinner</b>		<b>22</b> 10:45 Daily Exercise <b>Noon *Baked Potato Bar</b> 12:30 *English Class 12:30 *Yoga Class <b>1:00 Movie Matinee: October Sky</b>		<b>23</b> 9:30 Color This 10:45 Daily Exercise 1:00 Cards and Games 1:00 Wii Games 1:30 *Line Dancing	
<b>27</b> 10:00 Stitching Post 10:45 Daily Exercise <b>1:00 *Afternoon Tea</b> 		<b>28</b> 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class <b>5:30 *Pancake Supper</b>		<b>Upcoming Day Trips</b> <b>Feb. 10</b> – iFly Baltimore <b>Feb. 24</b> – Phillips Collection <b>Mar. 10</b> – Rawling Conservatory <b>Mar. 31</b> – Geppi’s Entertainment Museum  Like us on Facebook: <a href="#">Urbana Senior Center - Frederick County, MD</a>			

(see other side for program highlights)